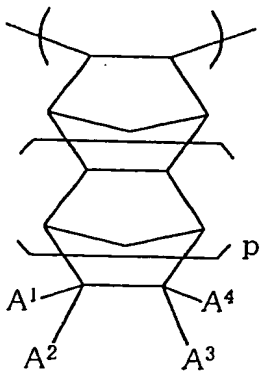
## CLAIMS

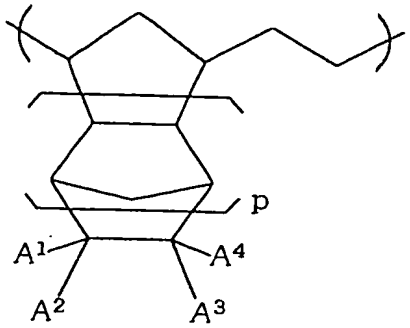
1. A method for treatment of a film or sheet, which is characterized by bringing a film or sheet containing an organic polymer into contact with a gas containing a superheated water vapor.

2. The method for treatment of a film or sheet according to claim 1, wherein the organic polymer is a cyclic olefin based polymer.

3. The method for treatment of a film or sheet according to claim 2, wherein the cyclic olefin based polymer is a cyclic olefin based polymer containing a structural unit (a) represented by the following formula (1-1) or a structural unit (b) represented by the following formula (1-2):



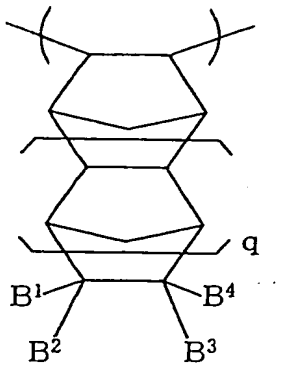

(1-1)



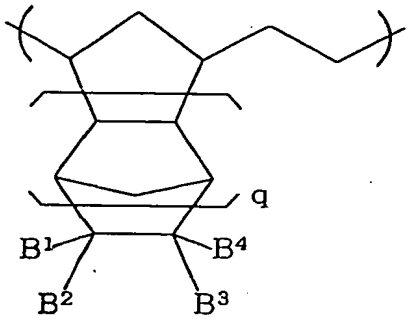

(1-2)

[in the formulae (1-1) and (1-2), $A^1$ to $A^4$ each independently represents a hydrogen atom, a halogen atom, an alkyl group having from 1 to 20 carbon atoms, a halogenated alkyl group, an aryl group, an alkoxy group, an alkoxycarbonyl group, or a cycloalkyl group having from 4 to 15 carbon atoms. Also, $A^1$ to $A^4$ include an alkylene group, a carboimido group, and an ester group as formed from $A^1$ and $A^2$, $A^1$ and $A^3$, or $A^2$ and $A^4$. p represents an integer of from 0 to 2.]

4. The method for treatment of a film or sheet according to claim 2, wherein the cyclic olefin based polymer is a cyclic olefin based polymer containing the structural unit (a) according to claim 3 and a structural unit (c) represented by the following formula (2-1), or containing the structural unit (b) according to claim 3 and a structural unit (d) represented by the following formula (2-2):




(2-1)




(2-2)

[in the formulae (2-1) and (2-2), $B^1$ to $B^4$ each independently represents a hydrogen atom, a halogen atom, an alkyl group having from 1 to 20 carbon atoms, a halogenated alkyl group, an aryl group, an alkoxy group, an alkoxycarbonyl group, a cycloalkyl group having from 4 to 15 carbon atoms, or a hydrolyzable silyl group, and at least one of $B^1$ to $B^4$ represents a hydrolyzable silyl group. Also, $B^1$ to $B^4$ include an alkylene group formed from $B^1$ and $B^3$, or $B^2$ and $B^4$. q represents an integer of from 0 to 2.]

5. The method for treatment of a film or sheet according to claim 4, wherein a compound capable of generating an acid at the treatment temperature is used simultaneously.

6. The method for treatment of a film or sheet according to claim 1, wherein the organic polymer is an aromatic polymer.

7. The method for treatment of a film or sheet according to claim 6, wherein the aromatic polymer has a sulfonic group.

8. The method for treatment of a film or sheet according to any one of claims 1 to 7, wherein the gas containing a superheated water vapor has a temperature of from 100 to 300 °C and a pressure of from 0.001 to 0.5 MPa.